

AUGUST 2018

Country MeadowPlace

17396 Kingbird Ave, Mason City, Iowa 50401 Ph. 641-423-7722



Celebrating August

Join us for Happy Hour on Friday's at 3:00pm while we celebrate the following dates:

Watermelon Day
August 3

S'more Day
August 10

Potato Chip Birthday
August 24

Trail Mix Day
August 31

August Fun Facts:

August's birthstone is the peridot, sardonyx, or sapphire.

August's flower is the gladiolus or the poppy.

August contains no United States holiday

Manager's Moments By Kimberly Boyd



Scratch Cupcakery will be doing a curbside event on Thursday August 23rd at Country Meadow Place. Cupcakes will be for sale from 10:00 AM to 1:00 PM. The truck will be set up in front of the community and for sale the entire three-hour period. While here picking up your cupcakes, stop on in for an Open House and Silent Auction. Proceeds from the Silent Auction will benefit our Alzheimer's Walk Team -Team Boyd – Country Meadow Place. You can also go online and donate to our team. www.alz.org and search for Team Boyd – Country Meadow Place. From 11 AM to 1 PM on Thursday August 23rd we'll also be serving a light BBQ lunch for a \$5.00 donation to our team. Come support Team Boyd – Country Meadow Place and pick up a dozen cupcakes at the same time. As always, thank you for sharing your loved one with our Country Meadow Place family.

Nurse's Corner with Lee Hogg, RN

Communicating with someone with dementia

Dementia is a progressive illness that, over time, will affect a person's ability to remember and understand basic everyday facts, such as names, dates and places.

Dementia will gradually affect the way a person communicates. Their ability to present rational ideas and to reason clearly will change.

If you are looking after a person with dementia, you may find that as the illness progresses you'll have to start discussions to get the person to make conversation. This is common. Their ability to process information gets progressively weaker and their responses can become delayed.

Encouraging someone with dementia to communicate

Try to start conversations with the person you're looking after, especially if you notice that they're starting fewer conversations themselves. It can help to:

1. Speak clearly and slowly, using short sentences
2. Give them time to respond, because they may feel pressured if you try to speed up their answers
3. Acknowledge what they have said, even if they don't answer your question, or what they say seems out of context – show that you've heard them and encourage them to say more about their answer
4. Give them simple choices – avoid creating complicated choices or options for them
5. Use other ways to communicate – such as rephrasing questions because they can't answer in the way they used to

Listening to and understanding someone with dementia

Communication is a two-way process.

Memory Care with Laura

Seniors and Summer Heat

Here are some other tips to protect seniors from the heat:

1. If elderly relatives complain of the cold indoors, turn up the air conditioning a bit. If they won't stay inside, have them sit on a shady porch under a ceiling fan or near a box fan.
2. To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.
3. Seniors sometimes dress inappropriately for warm weather, so make sure that their clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.

As a caregiver of someone with dementia, you will probably have to learn to "listen" more carefully

You may need to be more aware of non-verbal messages, such as facial expressions and body language. You may have to use more physical contact, such as reassuring pats on the arm, or smile as well as speaking.

Active listening can help:

- use eye contact to look at the person, and encourage them to look at you when either of you are talking
- try not to interrupt them, even if you think you know what they're saying
- stop what you're doing so you can give the person your full attention while they speak
- minimise distractions that may get in the way of communication, such as the television or the radio playing too loudly, but always check if it's OK to do so
- repeat what you heard back to the person and ask if it's accurate, or ask them to repeat what they said

What's Cookin in the Kitchen with Tayla

Creamy Chicken and Corn Soup



Yield: About 7 servings

Prep Time: 15 minutes
Cook Time: 30 minutes

Ingredients

- 1 lb boneless skinless chicken breast , cooked and shredded (3 cups)
- 8 slices bacon , cooked and crumbled*
- 1/4 cup butter , diced into 1 Tbsp pieces
- 1 large red bell pepper , diced (1 1/2 cups)
- 1 medium yellow onion , diced (1 1/4 cups)
- 1 - 2 jalapenos , seeded for less heat if desired, finely chopped
- 4 cloves garlic , minced
- 1/3 cup all-purpose flour
- 6 cups low-sodium chicken broth
- 3 medium russet potatoes , peeled and diced slightly less than 1/2-inch thick (3 cups)
- 2 bay leaves
- Salt and freshly ground black pepper , to taste
- 2 1/2 cups fresh or frozen corn
- 1 1/2 cups half and half
- Green onions and seeded , finely chopped jalapenos (optional), for serving

Maintenance with Lloyd

August brings more than Hot weather, the new addition will start taking shape. The construction crews are working hard, hoping for pleasant weather everyday. Meanwhile the Residents are having a Great time watching the progress as it unfolds everyday. Be careful on the road and be safe.

We will keep your loved ones safe and sound at Country Meadow Place.



Instructions

In a large pot, melt butter over medium heat. Add red bell pepper, onions, jalapenos and saute until tender, about 3 minutes. Add garlic and cook 30 seconds longer. Stir in flour, and cook 2 minutes stirring constantly. While stirring, slowly add in chicken broth and whisk until well blended.

Add potatoes, bay leaves and season with salt and pepper to taste. Bring mixture to a boil stirring frequently, then reduce heat to medium-low and cook, uncovered, 10 minutes or just until potatoes are tender, stirring occasionally.

Add in cooked chicken, corn and half and half and simmer, uncovered 10 - 15 minutes longer, stirring occasionally. Serve warm topped bacon, green onions, and optional jalapeno peppers.

Community Relations with Tony Buhr

Walk to End Alzheimer's



Country Meadow Place is very excited to be part of the Walk to End Alzheimer's on September 29th, 2018 at Mason City High School, Mason City, Iowa. Our team, Team Boyd – Country Meadow Place has been very active with fundraising, with a fundraising goal of \$5,000. We have been very active with our fundraising activities and getting involved with other community partners. I wanted to thank Buffalo Wild Wings and Pizza Ranch to work together to raise funds for Team Boyd – Country Meadow Place. Thank you!

If you are interested – there are a couple of ways that you can help donate to Team Boyd – Country Meadow Place.

1. You can eat out at Rib Crib! - On August 25th, all sales that day Rib Crib will donate a portion of the days' sales to Team Boyd – Country Meadow Place for the Alzheimer's.
2. You can donate – You can give us a call at 641-423-7722 to find out or you can go to our team page website by googling "Alz Walk Team Boyd" and we are at the top of the page.
3. Once you are on the page – You can sign up for our team! We would love for you to join us on September 29th! It is not necessary to join our team to donate.

We appreciate anything you can do to help with our fundraising goal. Thank you in advance for any consideration!

Life Enrichment Corner

Each year on August 21, there are various events and activities held across the United States in recognition of National Senior Citizens Day. This day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements. Their valuable contributions to our communities create better places to live.

{For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity. ~ President Ronald Reagan – August 19, 1988 Proclamation 5847}

We will be celebrating our Seniors with a Hawaiian themed Lunch. August 21st also recognizes the Day that Hawaii was admitted to the United States, so why not combine the two for a Hawaiian Hoopla!



Dare to Dream Program

Don't forget to share your Dare to Dream ideas/suggestions with our staff so we can help fulfill the dreams of each of our Residents.

